

The

INTERCHANGE

Monthly Newsletter for State Employees Prepared by State Employees



M-Plan/ITPC Partnership Means All State Employees Get a Little Extra Help to Quit Smoking

On June 22, 2004, M-Plan and the Indiana Tobacco Prevention and Cessation Agency (ITPC) announced an innovative partnership that will help all state employees to quit smoking.

In collaboration with ITPC, M-Plan has agreed to make available free access to its online support program Breathe, a state-of-the-art online tool designed to help smokers quit and stay quit. Breathe is a revolutionary smoking cessation program provided by M-Plan in collaboration with HealthMedia.

Breathe is convenient, private, and easy to use," said Alex Slabosky, CEO and president of M-Plan. "We're proud to make this option available to state employees who want to make and keep their commitment to stop smoking."

ITPC and the Indiana State Personnel Department approached Indiana health care plans in January asking for ways to help state employees stop smoking.

"When we put out the call to help, M-Plan stepped up," said Karla Sneegas, ITPC's executive director. "M-Plan is helping state employees take a positive step to improve their health and reduce health care costs."

"Reducing tobacco use is a critical step toward improving the health of Hoosier workers and reducing rising health care costs," Governor Joe Kernan said. "I am pleased to see both the ITPC and members of the private sector, such as M-Plan, exploring creative ways to help state employees in their efforts to stop smoking, as well as encourage similar partnerships throughout our communities."

The online Breathe program includes a simple questionnaire used to create a Personal Plan to Quit Smoking built specifically for each user. The plan will provide personalized strategies for decreasing tobacco dependency, dealing with cravings, and quitting for life.

"Even if you are not an M-Plan member, we want you to live well and breathe well," Slabosky said.

Slabosky said the benefits of using Breathe and quitting smoking are many, including:

- * Having more energy and stamina to do activities such as sports, walking or hiking;
- * Tasting food better;
- * Reducing the risk of serious disease such as heart disease or stroke;
- * Saving hundreds of dollars a year by not having to buy cigarettes;
- * Experiencing a tremendous sense of accomplishment; and
- * Being around to share in the joys of your family and friends for years to come.

Sneegas said the M-Plan/ITPC partnership is "an excellent example of what employers can do to improve the health of their workforce and fiscal health of their business. Online cessation programs such as this complement ongoing cessation services provided by ITPC's local coalitions."

The ITPC Executive Board was created to oversee funding from Indiana's share of the 1998 Master Settlement Agreement from the tobacco companies. The board oversees the entire comprehensive program, which includes media components, special youth features, enforcement, cessation initiatives and community programs in every county in Indiana. Learn more about ITPC's efforts at www.WhiteLies.tv or its youth movement at www.voice.tv.

M-Plan provides medical coverage to more than 180,000 Indiana residents through 200 employers. It emphasizes preventive care by covering immunizations, screenings, allergy tests and other services typically not covered by traditional health insurance. M-Plan's health networks and physicians are located throughout Indiana.

Indiana Archaeology Month: September 2004

The Department of Natural Resources, Division of Historic Preservation and Archaeology (DHPA) is proud to announce that September, 2004, will be the ninth annual Indiana Archaeology Month.

In Indiana, the Month provides professional archaeologists, students, historians, avocational archaeologists, and anyone interested in their heritage with an opportunity to celebrate the science of archaeology and its many contributions to our understanding of the past.

Each year individuals, organizations, universities and museums hold events. These events range from activities such as: archaeological laboratory open-houses, artifact identifications, lectures on archaeological topics, archaeological excavations, and much more.

The National Park Service graciously provides the funds with which the DHPA produces a commemorative Indiana Archaeology Month poster. In addition, commemorative T-shirts with a version of the poster image are usually available, while supplies last. The Division is also committed to providing quality educational materials to the interested public. These materials include: archaeological bibliographies, mini posters

on projectile point types and ceramics, information on archaeological careers, and a wealth of information in general on Indiana archaeology.

The official Indiana Archaeology Month webpage provides the calendar of events, information on archaeology in Indiana, a PowerPoint slide presentation, information on how to become involved in archaeology, a monthly archaeology email newsletter, and much more. Check the web page for updated details.

Archaeology Month in Indiana provides us with many ways to learn more about the science of archaeology, the sites in our state, and the laws which protect the sites. Archaeology Month also allows people to discover what real archaeology is and how it is much different from public perceptions many people have. So, join the fun, celebrate archaeology, and see how Hoosier prehistory and history

is interpreted as a result of this science.

For additional information contact the Archaeology Outreach Coordinator at DHPA, 402 West Washington Street, Room 274, Indianapolis, IN 46204-2739. (317) 232-1646; www.IN.gov/dnr/historic/archeomonth.html.

The image is a composite graphic. At the top left is the DNR logo. To its right is a circular logo for the Division of Historic Preservation and Archaeology. Below these is a form titled 'INDIANA HISTORIC SITES AND STRUCTURES INVENTORY'. The form has several sections: '1. Site name', '2. Other names and numbers', '3. Project no.', '4. Address', '5. Loc. map', '6. Loc. map (attach map or map)', '7. State site number', '8. Loc. map (attach map or map)', '9. Loc. map (attach map or map)', '10. Loc. map (attach map or map)', '11. Loc. map (attach map or map)', '12. Loc. map (attach map or map)', '13. Loc. map (attach map or map)', '14. Loc. map (attach map or map)', '15. Loc. map (attach map or map)', '16. Loc. map (attach map or map)', '17. Loc. map (attach map or map)', '18. Loc. map (attach map or map)', '19. Loc. map (attach map or map)', '20. Loc. map (attach map or map)', '21. Loc. map (attach map or map)', '22. Loc. map (attach map or map)', '23. Loc. map (attach map or map)', '24. Loc. map (attach map or map)', '25. Loc. map (attach map or map)', '26. Loc. map (attach map or map)', '27. Loc. map (attach map or map)', '28. Loc. map (attach map or map)', '29. Loc. map (attach map or map)', '30. Loc. map (attach map or map)', '31. Loc. map (attach map or map)', '32. Loc. map (attach map or map)', '33. Loc. map (attach map or map)', '34. Loc. map (attach map or map)', '35. Loc. map (attach map or map)', '36. Loc. map (attach map or map)', '37. Loc. map (attach map or map)', '38. Loc. map (attach map or map)', '39. Loc. map (attach map or map)', '40. Loc. map (attach map or map)', '41. Loc. map (attach map or map)', '42. Loc. map (attach map or map)', '43. Loc. map (attach map or map)', '44. Loc. map (attach map or map)', '45. Loc. map (attach map or map)', '46. Loc. map (attach map or map)', '47. Loc. map (attach map or map)', '48. Loc. map (attach map or map)', '49. Loc. map (attach map or map)', '50. Loc. map (attach map or map)', '51. Loc. map (attach map or map)', '52. Loc. map (attach map or map)', '53. Loc. map (attach map or map)', '54. Loc. map (attach map or map)', '55. Loc. map (attach map or map)', '56. Loc. map (attach map or map)', '57. Loc. map (attach map or map)', '58. Loc. map (attach map or map)', '59. Loc. map (attach map or map)', '60. Loc. map (attach map or map)', '61. Loc. map (attach map or map)', '62. Loc. map (attach map or map)', '63. Loc. map (attach map or map)', '64. Loc. map (attach map or map)', '65. Loc. map (attach map or map)', '66. Loc. map (attach map or map)', '67. Loc. map (attach map or map)', '68. Loc. map (attach map or map)', '69. Loc. map (attach map or map)', '70. Loc. map (attach map or map)', '71. Loc. map (attach map or map)', '72. Loc. map (attach map or map)', '73. Loc. map (attach map or map)', '74. Loc. map (attach map or map)', '75. Loc. map (attach map or map)', '76. Loc. map (attach map or map)', '77. Loc. map (attach map or map)', '78. Loc. map (attach map or map)', '79. Loc. map (attach map or map)', '80. Loc. map (attach map or map)', '81. Loc. map (attach map or map)', '82. Loc. map (attach map or map)', '83. Loc. map (attach map or map)', '84. Loc. map (attach map or map)', '85. Loc. map (attach map or map)', '86. Loc. map (attach map or map)', '87. Loc. map (attach map or map)', '88. Loc. map (attach map or map)', '89. Loc. map (attach map or map)', '90. Loc. map (attach map or map)', '91. Loc. map (attach map or map)', '92. Loc. map (attach map or map)', '93. Loc. map (attach map or map)', '94. Loc. map (attach map or map)', '95. Loc. map (attach map or map)', '96. Loc. map (attach map or map)', '97. Loc. map (attach map or map)', '98. Loc. map (attach map or map)', '99. Loc. map (attach map or map)', '100. Loc. map (attach map or map)'. Below the form is a photograph of two people, a man and a woman, working on an excavation site. To the right of the photograph is a large, detailed image of a Native American artifact, possibly a pottery fragment with a spiral design. At the bottom of the image is the text 'Image courtesy of Indiana Historical Bureau'.

Archaeology at the Indiana State Fair

On August 21, 2004 from 2:00 - 6:00 pm, bring your artifacts to the Department Natural Resources (DNR) Building at the Indiana State Fair grounds for identification. This is an opportunity for Hoosiers to learn more about prehistoric and historic artifacts that they have found on their own.

Join the DNR, Division of Historic Preservation and Archaeology, archaeologists Jim Mohow and Bill Mangold at this event prior to the beginning of Indiana Archaeology Month as they share their knowledge in a format similar to a popular PBS show. They will *not* provide financial appraisals. The archaeologists will also record site information from those who would like to share information about archaeological sites in our state (the more we know about where sites are, the easier it is to try and afford protection for them).

For additional information, contact either Jim Mohow or Bill Mangold at (317) 232-1646.

Your Voice

Dear Your Voice,

I have a certified complaint. I know that we are State Workers and all but, can we at least act like we have some sense and follow directions. I get so aggravated in the afternoons, when some State Workers will not walk the extra 10 steps or so to cross the street on the correct side. It is very clearly stated on the sign what times to use each cross walk. It causes congestion, with traffic coming out of the (Washington Street) parking garage, when you have people that are in such a hurry to get to their cars they cross on the wrong side. Then they get upset when they have to wait on people, just like them, to cross the street on the wrong side. Is there any way to post a larger sign, or can we just take everyone that can't read the sign back to the first grade. Please be considerate of your fellow State Workers and cross on the proper side of the road at the appropriate times posted.

Thanks

Real-Life Survivor

This past January, Indiana State Deputy Personnel Director David Bryant accepted a very real-life challenge to become a smoke free survivor. He, along with six other Indiana State Personnel Department (ISPD) executives, made a commitment to overcome the lifelong consequences of cigarette smoking. Now more than six months later, Bryant celebrates being completely smoke-free.

“I’m proud to say that I’m completely smoke-free; however, that’s not to say that I didn’t fall off the wagon for a period of time—because I did,” said Bryant. “But, I’ve had a lot of support from family, friends and co-workers.”

Bryant also admits he’s faced a few skeptics. “They’ll say, I’ve heard this before - let me know when you’ve been

smoke-free for over 6 months or one year. So, more than six months later Bryant shows what it takes to be a real-life survivor, but not without a true sense of motivation.

“My mom is my #1 source of motivation,” admits Bryant. “She was a smoker for years, and quit at retirement; however, it was due to an illness—one that limits her ability to fully enjoy the retirement that she worked so hard to obtain.”

In honor of his commitment to this new lifestyle, David Bryant has recently taken the Indiana Tobacco Prevention and Cessation’s (ITPC) Breathing Room challenge and has pledged to make his life smoke-free!

Are You a Survivor?

The Governor has indicated that State employees need to take better care of themselves physically. Through a wellness grant, in association with the Madison County Health Department, the DWD and JobSource (WIA) staff of WorkOne Anderson, accepted the challenge of logging 10,000 steps per day for six weeks.

In order to encourage participation and to provide a motivational atmosphere, a “Survivor” theme was adopted. Teams were randomly selected and tribal leaders were appointed. Activities included weekly team challenges for bonus steps. Team colors, buffs, and names were selected and displayed on team posters with awards.

Several of the challenges included: a hula hoop competition, a word search, several team relays and a trivia quiz. These challenges took place on a weekly basis with details provided in “tree mail.” Not only were these challenges fun, but they also built rapport and teamwork with state and local employees.

33 employees participated in the challenge and logged a total of 12,772,306 steps. Their steps totaled 4,834 miles which

would take them from Boston, Massachusetts to San Francisco, California, and then to Kansas City, Missouri. If you added the bonus steps awarded, these additional miles would take *The Orange Crush*, *The Amazon Lounge Lizards*, *The Hot Mamas* and *One Papa* and *The Yellow Streakers* back home to Indiana.

Jessica Chapin, JobSource (WIA), was given an Outstanding Achievement Award. She logged 643,607 total steps in six weeks.

The winning team, *The Amazon Lounge Lizards*, was treated to a victory luncheon at a local eatery within walking distance of the WorkOne Anderson office. The cafe also offers a menu of healthy food choices.

The Survivor competition helped build a light-hearted base for maintaining a healthy lifestyle by changing current routines to include daily exercise.

The WorkOne Anderson employees survived the challenge and are interested in competing in another type of challenge during the coming months.



TRAINING PROGRAMS

September 2004

Date	Time	Class	Cost
8	9:00 - 12:00	Short/Long Term Disability/Workers' Compensation	Free
9	9:00 - 12:00	Selection and Interviewing	Free
13	11:30 - 1:00	Basic American Sign Language* (Limited enrollment)	Free
14	9:00 - 4:00	How to Investigate Complaints of Discrimination**	Free
15	1:00 - 3:30	Hoosier S.T.A.R.T. "Are you saving enough?"	Free
16	9:00 - 3:00	Diversity in the Workplace	Free
21	8:30 - 1:00	Driver Improvement Program	Free
23	9:00 - 3:00	CLER Review Session** (Restricted enrollment)	Free

NOTE: All classes will be held in the State Training Center except where noted.

*Basic American Sign Language consists of 1 meeting per week for 8 consecutive weeks.

Participants must commit to all 8 sessions.

**These classes are only offered to SUPERVISOR/MANAGERS AND/OR HUMAN RESOURCES PERSONNEL.

Classes that require a fee are noted. Obtain your supervisor's approval to attend.

For more information or to register, you will need to contact your agency training contact person (ATCP).

Please visit <http://www.in.gov/jobs/training&development/0homepag.htm> to check for calendar updates before registering.



All State Employees are especially invited to enjoy a day at the Indiana State Fair on Thursday, August 19th.

Show your State Employee Identification Badge* at the gate for your FREE admission to State Fair FUN!

A few highlights planned for your day at the Fair:

- ◆ Hoosier Lottery Day - State Employees 18 or older will receive a coupon at the gate to exchange for a free scratch-off ticket at the booth in front of the Marsh Grandstand.
- ◆ Taping of the "Hoosier Millionaire" Show is at 7:30 pm in the Marsh Grandstand.
- ◆ Midway Wristband Special - All-Day Ride Survival from Noon-11:00 pm for only \$20.00 per person.
- ◆ Union Federal Bank Daily Parade at 6:30 pm along Union Federal Bank Main Street.
- ◆ Pfizer Fun Park activities:
 - Purina Incredible Dog Team
 - Comcast presents Kachunga & The Alligator
 - Budwieser Clydesdales
 - Special appearances by Spider-Man



For more information about the Indiana State Fair, please visit www.indianastatefair.com

* Employees who do not have a State of Indiana Identification Badge must present a current paycheck stub and photo identification at the gate for **FREE** admission on August 19th.



Check out current
State Employee Discounts at
http://www.in.gov/jobs/special_projects/discount.html

The Interchange

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